

SIDA LOO CODEEYO

1. Waa in aad diiwaangashan tahay inta aadan codayn.

- Haddii aad horay u diiwaangashanayd in aad codayso, toos u tag miiska liisku yaal.
- Haddii aad rabtid in aad isdiiwaangelisid ama aad wax ka beddeshid isdiiwaangelintaadii hore, tag miiska diiwaangelinta codbixiyayaasha. Waxaad buuxinaysaa arjiga diiwaangelinta codbixinta tusna caddayn degganaansho.

2. Saxyoo oo risiit qaado.

3. Tag miiska warqadda codbixinta una dhiib risiitka.

Waxaa lagu siinayaa warqad codbixin iyo tilmaamo ku tusaya sidii aad u calaamadin lahayd warqadda codbixinta.

4. Tag waabta codbixin oo aan lagu jirin.

5. Isticmaal qalin biire si aad u buuxisid goobada (ama shakli la mid ah) xigta waxaad dooratay. Ama, isticmaal mishiinka calaamadeeya warqadda codbixinta. Usheeg garsooraha doorashada haddii aad rabtid in aad isticmaashid mishiinka calaamadeeya warqadda codbixinta.

6. Weydiiso caawinaad haddii aad u baahatid.

7. Haddii aad qalad ku samaysay warqadda codbixinta, waydiiso garsooraha doorashada warqad codbixin cusub.

8. Ku rid warqaddaada codbixinta sanduukha codbixinta gudihiisa ama meesha codbixinta lagu rido. Markaa ka dib si dhakhso ah uga tag goobta codbixinta.